

Coronavirus Disease 2019

# COVID-19

What you need to know to keep your family safe and healthy.

**WEAR THIS**  
CLOTH FACE COVERING



**NOT THAT**  
MASK WITH VALVE

Some face masks have a plastic valve embedded in the fabric. This is a one-way valve which prevents pathogens from entering but does not prevent them from leaving when you exhale. When you wear a face mask with a valve, most of what you're exhaling is unfiltered, and you're potentially putting others at risk for the spread of COVID-19.

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[www.tricare.mil/coronavirus](http://www.tricare.mil/coronavirus)



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**WEAR THIS**  
DISPOSABLE FACE MASK



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**WEAR THIS**  
REGULATION FACE MASK



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